

CHART OF

IMPERTURBABILITY

Wanting to be Safe, Secure, to Survive

Wanting Approval

Wanting Control

APATHY	GRIEF	FEAR	LUST
Bored	Abandoned	Anxious	Abandon
Can't win	Abused	Apprehensive	Anticipation
Careless	Accused	Cautious	Callous
Cold	Anguished	Clammy	Can't wait
Cut-off	Ashamed	Cowardice	Compulsive
Dead	Betrayed	Defensive	Craving
Defeated	Blue	Distrust	Demanding
Depressed	Cheated	Doubt	Devious
Demoralized	Despair	Dread	Driven
Desolate	Disappointed	Embarrassed	Envy
Despair	Distraught	Evasive	Exploitative
Discouraged	Embarrassed	Foreboding	Fixated
Disillusioned	Forgotten	Frantic	Frenzy
Doomed	Guilty	Hesitant	Frustrated
Drained	Heart-broken	Horried	Gluttonous
Failure	Heartache	Hysterical	Greedy
Forgetful	Heartsick	Inhibited	Hoarding
Futile	Helpless	Insecure	Hunger
Giving up	Hurt	Irrational	I want
Hardened	If only	Nausea	Impatient
Hopeless	Ignored	Nervous	Lascivious
Humorless	Inadequate	Panic	Lecherous
I can't	Inconsolable	Paralyzed	Manipulative
I don't care	It's not fair	Paranoid	Miserly
I don't count	Left out	Scared	Must have it
Inattentive	Longing	Secretive	Never enough
Indecisive	Loss Melancholy	Shaky	Never satisfied
Indifferent	Misunderstood	Shy	Oblivious
Invisible	Mourning	Skeptical	Obsessed
It's too late	Neglected	Stage fright	Over-indulgent
Lazy	Nobody cares	Superstitious	Possessive
Let it wait	Nobody loves me	Suspicious	Predatory
Listless	Nostalgia	Terse	Pushy
Loser	Passed over	Terrified	Reckless
Lost	Pity	Threatened	Ruthless
Negative	Poor me	Timid	Scheming
Numb	Regret	Trapped	Selfish
Overwhelmed	Rejected	Uncertain	Voracious
Powerless	Remorse	Uneasy	Wanton
Resigned	Sadness	Vulnerable	
Shock	Sorrow	Want to escape	
Spaced out	Tearful	Wary	
Stoned	Tormented	Worry	
Stuck	Torn		
Too tired	Tortured		
Unfeeling	Unhappy		
Unfocused	Unloved		
Useless	Unwanted		
Vague	Vulnerable		
Wasted	Why me?		
What's the use	Wounded		
Why try?			
Worthless			

EMOTIONS

IMPERTURBABILITY

Wanting to be Safe, Secure, to Survive

Wanting Approval

Wanting Control

ANGER	PRIDE	COURAGEOUSNESS	ACCEPTANCE	PEACE
Abrasive	Above reproach	Adventurous	Abundance	Ageless
Aggressive	Aloof	Alert	Appreciative	Awareness
Annoyed	Arrogant	Alive	Balance	Being
Argumentative	Bigoted	Assured	Beautiful	Boundless
Belligerent	Boastful	Aware	Belonging	Calm
Boiling	Bored	Centered	Childlike	Centered
Brooding	Clever	Certain	Compassion	Complete
Caustic	Closed	Cheerful	Considerate	Eternal
Defiant	Complacent	Clarity	Delight	Free
Demanding	Conceited	Compassion	Elated	Fulfilled
Destructive	Contemptuous	Competent	Embracing	Glowing
Disgust	Cool	Confident	Empathy	Light
Explosive	Critical	Creative	Enriched	Oneness
Fierce	Disdain	Daring	Everything's okay	Perfection
Frustrated	Dogmatic	Decisive	Friendly	Pure
Fuming	False humility	Dynamic	Fullness	Quiet
Furious	False virtue	Eager	Gentle	Serenity
Harsh	Gloating	Enthusiastic	Glowing	Space
Hatred	Haughty	Exhilaration	Gracious	Still
Hostility	Holier than thou	Exploration	Harmonious	Timeless
Impatience	Hypocritical	Flexible	Harmony	Tranquility
Indignant	Icy	Focused	Intuitive	Unlimited
Irate	Isolated	Giving	In tune	Whole
Jealous	Judgmental	Happy	Joyful	
Livid	Know-it-all	Honorable	Loving	
Mad	Narrow-minded	Humor	Magnanimous	
Mean	Never wrong	I can	Mellow	
Merciless	Opinionated	Independent	Naturalness	
Murderous	Overbearing	Initiative	Nothing to change	
Outraged	Patronizing	Integrity	Open	
Petulant	Pious	Invincible	Playful	
Pushy	Prejudiced	Loving	Radiant	
Rebellious	Presumptuous	Lucid	Receptive	
Resentment	Righteous	Motivated	Secure	
Resistant	Rigid	Non-resistant	Soft	
Revolted	Self absorbed	Open	Tender	
Rude	Self satisfied	Optimistic	Understanding	
Savage	Selfish	Perspective	Warm	
Simmering	Smug	Positive	Well-being	
Sizzling	Snobbish	Purposeful	Wonder	
Smoldering	Special	Receptive		
Spiteful	Spoiled	Resilient		
Steely	Stoic	Resourceful		
Stern	Stubborn	Responsive		
Stewing	Stuck-up	Secure		
Stubborn	Superior	Self-sufficient		
Sullen	Uncompromising	Sharp		
Vengeful	Unfeeling	Spontaneous		
Vicious	Unforgiving	Strong		
Violent	Unyielding	Supportive		
Volcanic	Vain	Tireless		
	Wicked	Willing	Vigorous	
	Willful	Zest	Visionary	

Desire is dead because it's no use. We can't do anything and no one else can help. We withdraw and play weak so we won't get hurt.

APATHY

Results in:

Feeling

Cut off	Downcast	Negative
Dead	Drained	Numb
Defeated	Exhausted	Overwhelmed
Dejected	Fatigued	Pessimistic
Depressed	Futile	Powerlessness
Despairing	Helpless	Resigned
Discouraged	Hopeless	Tired
Disillusioned	Low	Weak

Thinking

I can't.	I'm useless.	No matter what I do, it doesn't
I can't win.	I'm worthless.	make a difference.
I don't care.	It'll never work.	No use, why try.
I don't count.	It's a dead end.	No way, forget about it.
I don't know how.	It's not use.	No way out.
I don't matter.	It's too late.	Tomorrow.
I give up.	It's too hard.	What's the use.
I'm doomed	Let it wait.	Why bother.

Acting

Careless	Inattentive	Passive
Catatonic	Indecisive	Spaced Out
Disassociated	Indifferent	Stuck
Defeated	Lazy	Unfocused
Forgetful	Listless	Unresponsive
Giving up	Negative	Withdrawn

GRIEF

The desire for someone to help us because we can't do anything but we think maybe someone else can—we cry out for that someone to do it.

Results in:

Feeling

Abandoned	If only	Pity
Abused	Ignored	Poor me
Accused	Inadequate	Rejected
Ashamed	Inconsolable	Remorse
Betrayed	It's not fair	Sadness
Blue	Left out	Sorrow
Cheated	Longing	Tearful
Despair	Loss	Tormented
Disappointed	Melancholy	Torn
Distraught	Misunderstood	Tortured
Forgotten	Mourning	Unhappy
Guilt	Neglected	Unloved
Heartbroken	Nobody cares	Unwanted
Heartache	Nobody loves me	Vulnerable
Heartsick	Nostalgia	Why me?
Helpless	Passed over	Wounded
Hurt		

Thinking

Do it for me, I can't do it myself.	I'm less than.	Nobody wants me.
I can't do anything about it.	If only.	Poor me.
I can't do it right.	It's all my fault.	I'm the victim.
They're taking advantage of me.	It's not fair.	Why me?
I'll never get it right.	I'll never recover.	Nobody loves me.
They're doing it to me.	It's not my fault.	Woe is me.

Acting

Acting helpless	Hysterical	Pouting
Attention seeking	Martyr	Seeking comfort
Complaining	Melancholy	Self-conscious
Crying	Moping	Sobbing
Dramatizing	Morose	Suffering
Flustered	Needy	Wailing
Helping others at your own expense.	Neglecting self and others	Weeping
	Nostalgia: "the good old days"	

FEAR

The desire to strike out but not doing so because we think they will hit us harder. The desire to reach out but not doing it because we think we'll get hurt.

Results in:

Feeling

Anxious	Engulfed	Strained
Apprehensive	Exposed	Tense
Caged	Faint	Terrified
Cautious	Fidgety	Threatened
Cowardly	Frantic	Timorous
Distrusting	Insecure	Trapped
Disturbed	Nervous	Uncertain
Doubt	Panic	Unsafe
Dread	Skeptical	Vulnerable
	Sheepish	Wary

Thinking

Crisis after crisis.	I'm confused and don't know what to do, so I can't do anything.	It is safer to stay still and not take any chances.
Disaster's looming and I've got to hide.	I'm not enough.	They're out to get me.
I can't let them find me out.	I'm not safe.	What if I fail?
I don't want anything to change.	I'm trapped, there is no way out.	What if I get fired?
I have to get it right or they'll kill me.	It's closing in around me.	What if I get into trouble?
I have to get them before they get me.	It's so confusing that I just can't move.	What if I make a mistake?
I'm not OK.	It's not safe.	What if they don't like me?
		What if...?
		What will they think?

Acting

Agitated	Hyperactive	Procrastination
Ambivalent	Hyper-focused	Quaking
Apologetic	Hyper-vigilant	Scared
Chaotic	Hysterical	Secretive
Confused	Indecisive	Self-sabotage
Cowering	Inhibited	Shady
Cringing	Irrational	Sheepish
Defensive	Lack of clarity	Shock
Disorderly	Meek	Shy
Distraught	Mistrustful	Superstitious
Distrustful	Nervous	Suspicious
Disturbed	No action	Timid
Embarrassed	Not trusting	Traumatized
Evasive	Overwhelmed	Tremble
Frenzied	Panicky	Tunnel vision
Frozen	Paralyzed	Wishy-washy
Hesitant	Paranoid	

LUST

The desire for possession—Wanting. The hunger for money—things—people, but with hesitation. We may or may not reach out. There is an underlying sense that we cannot, should not have.

Results in:

Feeling

Ambitious	Gluttonous	Longing
Anticipation	Greedy	Ravenous
Appetite	Heedless	Reckless
Craving	Horny	Sensuous
Demanding	Hot	Sexy
Desire	Hunger	Voracious
Envious	Insatiable	Wanting
Excited	Jealous	Wanton
Frustrated	Less than	

Thinking

I want...	I need you.	I want to understand.
Do it my way.	I need them.	I'm not satisfied.
Don't stop.	I need...	I'm starving.
How can I get it?	I want excitement.	It feels so good.
I can't wait.	I want it all.	Look at me.
I have to...	I want it now!	Me, me, me.
I like it this way.	I want more.	My way is the only way.
I must do it my way.	I want to know.	There won't be enough for me.
I must have it.	I want to figure it out.	There isn't enough.

Acting

Addictive	Hoarding	Over-eating
Attention seeking	Impatient	Panting
Chaotic	Inconsiderate	Predatory
Compulsive	Indecent	Pushy
Covert	Lascivious	Risqué
Desperate	Lavish	Ruthless
Devious	Lecherous	Seductive
Devouring	Lewd	Self-centered
Driven	Licentious	Selfish
Excessive	Manic	Uncooperative
Exploitive	Manipulative	Unruly
Extravagant	Miserly	Vulgar
Fixated	Obsessive	Wild
Frantic	Out-of-control	With abandon
Frenzied	Over indulgent	

ANGER

The desire to strike out, to hurt and stop the other one, but with hesitation. We might or might not strike out.

Results in:

Feeling

Agitated	Jealous	Steely
Annoyed	Livid	Stern
Boiling	Mad	Stewing
Disgusted	Malicious	Sullen
Disturbed	Outraged	Upset
Explosive	Perturbed	Vengeful
Fierce	Rageful	Violent
Frustrated	Resentful	Volcanic
Hateful	Sizzling	Wicked
Irritated	Smoldering	Willful

Thinking

Do it my way or else.	Get out of my way.	Me do it your way—not on your
Don't even think of it.	I'll get even!	life.
Don't push me around.	I'll get them.	Not a chance.
Don't tell me what to do!	I'll kill you!	Not on your life.
Drop dead!	I'll never give in.	Now you'll pay.
F... off!	I'm not doing anything.	Out of my way.
F... you!	If they don't listen to me, I'll let	Who do they think they are?
Fat chance.	them go down the tube.	You better do it my way, or else!

Acting

Abrasive	Crazed	Instigating	Pushy
Abrupt	Cruel	Intimidating	Ravaging
Abusive	Curt	Inflexible	Rebellious
Aggressive	Defiant	Invasive	Resistant
Attacking	Demanding	Malevolent	Rude
Barbarous	Deranged	Maniacal	Ruthless
Belligerent	Destructive	Merciless	Sarcastic
Biting	Discourteous	Nasty	Savage
Blinded	Disrespectful	Obstinate	Spiteful
Bloodthirsty	Exacting	Offensive	Strife
Brooding	Ferocious	Passive-aggressive	Stubborn
Brusque	Fierce	Petulant	Talking about others
Brutal	Gruff	Pigheaded	Uncooperative
Callous	Harsh	Profane	Unyielding
Caustic	Headstrong	Provoking	Vengeful
Cold	Heartless	Punishing	Vicious

PRIDE

The wish to maintain the status quo. Unwilling to change or move—therefore, the wish to stop others from movement as they might pass us up.

Results in:

Feeling

Above it all	Cool	Rejecting
Aloof	Disdain	Righteous
Arrogant	Haughty	Rigid
Better than	Holier than thou	Smug
Complacent	Icy	Special
Conceited	Irreverent	Superior
Condescending	Judgmental	Uncompromising
Contemptuous	Pious	Unfeeling
		Vain

Thinking

I'll just reject!	I'm in a better place than all of you.	It's your fault.
How dare you!	I'm not like them.	Maybe I'll do it and maybe I won't.
I knew that.	I'm right.	My way is the only way.
I know everything.	I'm smarter than everyone else.	What do they know?
I know.	I'm the only one who can do it right.	What's wrong with you?
I won't associate with "those kind" of people.	I'm the only one who can get it done.	Who do they think they are?
I'll look like I'm agreeing and do it my way.	I'm the savior/hero.	Who do you think you are?
I'm better than all of them.	I'm too busy with important matters to have time for you.	Why is everyone so incompetent?
I'm better than you.		You don't belong.
		You need me to get it done.

Acting

Aloof	Distant	Patronizing	Stoic
Arrogant	Dogmatic	Pompous	Stubborn
Bigoted	Egotistical	Putting others down	Stuck-up
Blaming others	False Humility	Remote	Talking against others
Boastful	Gloating	Sabotage	Unforgiving
Bored	Hypocritical	Sanctimonious	Impenetrable
Closed	Indifferent	Self-absorbed	Unreadable
Complacent	Know it all	Self-centered	Unyielding
Conceited	Narrow minded	Self-important	Withdrawn
Detached	Never wrong	Snobbish	Walk away
Disrespectful	Opinionated	Spoiled	

COURAGEOUSNESS

The willingness to move out without fear or hesitation—to do—to correct—to change wherever needed. The willingness to let go—to move on.

Results in:

Feeling

Alert	Delighted	Hopeful	Purposeful
Alive	Eager	Independent	Receptive
Assured	Energetic	Invincible	Resilient
Aware	Exhilarated	Loving	Safe
Centered	Focused	Lucid	Secure
Cheerful	Grounded	Non-resistant	Stable
Clear	Gusto	Open	Willing
Confident	Happy	Optimistic	Zealous
Cooperative	Heartiness	Passionate	Zest

Thinking

I can	I'll do what it takes to make it work.	It's possible.
I can get it done.		Let's work together.
I can listen.	I'm willing.	We can do it.
I can respond appropriately.	I'm willing to take risks.	We'll find a way.
I do what's needed and it works.	It can be easy and effortless.	Yes!
I know we can.	It is as easy as it was hard.	

Acting

Able	Decisive	Humorous	Risk-taking
Aboveboard	Dedicated	Initiative	Robust
Adaptive	Dynamic	Inquiry	Self-sufficient
Adventurous	Enjoyment	Insightful	Sharp
Bold	Exploration	Integrity	Solution focused
Brave	Flexible	Inventive	Spontaneous
Candid	Focused	Motivated	Strong
Collaboration	Forthright	Partnering	Supportive
Commitment	Gallant	Perceptive	Tireless
Compassionate	Generosity	Persevering	Unpretentious
Competent	Giving	Persistent	Valiant
Cooperation	Goodness	Playful	Vigorous
Creative	Gratification	Pleasure	
Daring	Honesty	Resourceful	

ACCEPTANCE

No need to change anything. No judgements of good or bad. It just is and it's OK. It is beautiful as it is. I have and enjoy everything as it is.

Results in:

Feeling

Accepting	Enriched	Mellow
Allowing	Flowing	Open
Attuned	Fulfillment	Playful
Beautiful	Glowing	Radiant
Childlike	Happy	Receptive
Compassionate	Harmonious	Satisfied
Contented	Innocent	Secure
Delighted	Joyful	Soft
Elated	Loving	Well-being

Thinking

All is well.	I have what I need as I need it.
Everything is beautiful.	I love you just as you are.
Everything is OK.	It's all coming together.
Everything is unfolding as it should.	We all have a contribution to make.
I accept you.	

Acting

Abundant	Devotional	Naturalness
Accepting	Embracing	Non-judgmental
Appreciative	Empathy	Orderly
Balance	Friendly	Receptive
Benevolent	Gentleness	Satisfied
Caring	Gracious	Tenderness
Clear-sighted	Insightful	Understanding
Co-creative	Intuitive	Warm
Compassionate	Magnanimous	Wonder

PEACE

I am—I am whole, complete, total unto my Self. Everyone and everything is part of my Self. It is all perfect.

Results in:

Feeling

Awareness	Eternal	Pure
Boundless	Free	Quiet
Calm	Fulfilled	Serene
Centered	Glowing	Oneness
Complete	Light	United

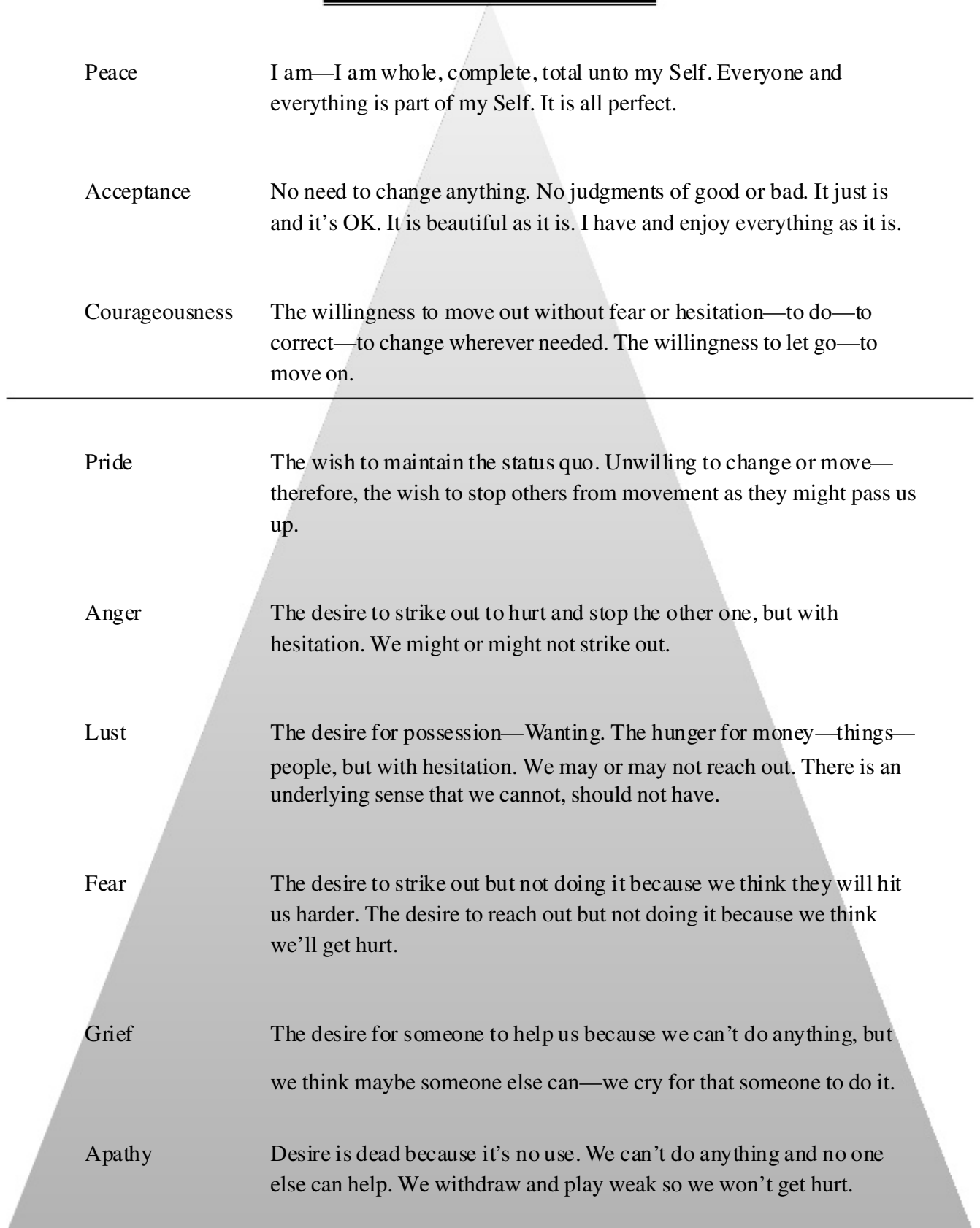
Thinking

All is well.	It's just perfect.
Everything is unfolding as it should.	We are one.
I am.	

Acting

Actionless	In equilibrium	Serenity
Balanced	Infinite	Spacious
Centered	Limitless	Stillness
Composed	Perfection	Tranquil
Connection	Poised	Unlimited
Flawless	Quiet	Whole
Imperturbable	Self-posessed	Witnessing

SCALE OF ACTION



THE SEDONA METHOD[®]

VERSION 2.0

Workbook Week 1

The Sedona Institute, 2701 E. Camelback Road, Suite 500, Phoenix, Arizona 85016, (602) 553-3770

"No one should ever accept anything until they can prove it out for themselves. There are two ways to prove things, externally and internally. Externally is proving it in the world by doing it. Internally is by seeing it intuitively before it happens.

You should not believe anything we say, but prove it out for yourself by having greater success, wealth, happiness, and health in your life."

Lester Levenson

Lester Levenson is the founder of the Sedona Institute and the creator of the Sedona Method.

YOU CAN USE THE SEDONA METHOD IN EVERY AREA OF YOUR LIFE

On the Job:

"As a result of taking the course, I feel better about myself as a person. I realize now what has caused my problems in the past and how I can correct them. I feel lighter and freer. I feel that my life is taking a new direction and there is no limit to what I can be or can attain. I will recommend the course to everyone."

John Riedlinger, D.D.S.

With your health:

"I had several physical ailments, including migraine headaches, diverticulitis, gout, and severe hypoglycemia, and the week after taking the course I was scheduled for surgery. But within a few days after beginning to release, the surgical condition disappeared and never re-appeared. My other physical problems cleared up. I believe these good effects are due to the stress reduction brought about by using the Method."

Dr. David Hawkins

To reach your goals:

"The Sedona Method has helped me to become more organized and more focused on my goals. My reaction to rejection has been vastly decreased and I, therefore, find it easier to get directly to the point of sale. This has produced gratifying results.

I believe that the technique that I have acquired can be most valuable to any agent in life sales. "

Conrad E. Imhaus

WELCOME

Life is a precious gift, but just to be alive is not enough. We all want the best that life has to offer. This means for most, experiencing growth in all areas of your life, with abundant energy, and an unfailing sense of peace and well-being. As a graduate of the Sedona Method® Course you'll experience all this and more.

The Sedona Method® Release Technique is founded on the most basic scientific principles. The Release® Technique works by showing you how to eliminate the subconscious blocks that hold you back.

The Release Technique is an inner system for letting go that instantly puts you in touch with your natural successful self so you feel confident, calm, and in control in any situation.

The Release Technique is not intellectual, it's an experiential learning process. The Sedona Method that you'll be learning is a "How to" method that allows you to discharge and release all unwanted feelings easily and painlessly, on the spot.

Learning to use the Method will be cumulative. Your ability to use it will deepen on each day of the training. By the time you complete the course you will have developed the ability to use this dynamic technique anytime without taking time out from your other activities. You'll have no need for follow-up classes, books, or tapes. Once you've got it -- you've got it!

We are pleased to welcome you as a Sedona Method student. We know that you will find it to be the best investment you will have ever made in yourself.

Sincerely,

A handwritten signature in black ink, appearing to read 'Hale Dwoskin', with a stylized flourish at the end.

Hale Dwoskin
Director of Training

SUGGESTIONS FOR MAXIMIZING BENEFITS THROUGHOUT THE COURSE

LOOK FOR OPPORTUNITIES

Be on the alert for opportunities to use the Method in all situations. Become aware of those subtle annoyances that you've become used to "sweeping under the rug" because you had no way to deal with them. Even using the Method on seemingly small things will have a positive effect on your overall progress.

And remember that the more you use it, the greater the benefits to you. We recommend that you make its use constant.

RECORD YOUR GAINS

Carry your gains book with you and take the time to write down your gains from using the Method. One of the most important things you can do is to recognize and validate yourself for your progress. Each gain represents something you've accomplished, and when you record it you create ongoing encouragement for yourself.

KEEP A CLEAR HEAD

By taking this course, you are making a significant investment of your time and resources. In order to make the most of it, it is to your advantage to have as clear a head as possible at all times while learning this new way of dealing with stress and undesirable feelings.

Therefore, it will be to your benefit to refrain from all non-prescription drugs and alcohol for the duration of the course, which includes the period between the two major sections of the course.

SUGGESTIONS FOR MAXIMIZING BENEFITS THROUGHOUT THE COURSE

Here are some things you can do which will help to increase the benefits you'll gain from the course:

BE OPEN TO THE EXPERIENCE

Open yourself to the experience rather than intellectually trying to figure out the Method. The understanding of it will come naturally as you use it. In this way, you will understand it from your own experience and not as an intellectual concept from someone else.

USE THE METHOD ALONG WITH OTHERS AS THEY RELEASE

Pay close attention as each person is being guided through the Sedona Method. As one person is going through it, you can inwardly experience it at the same time. In this way, you will be using the Method many times throughout the course and the more you use it, the easier it is to understand the Method and how it works.

PRACTICE IT ON YOUR OWN

Use the Method as much as you can during breaks, in the evenings and especially during the two major segments of the course. This period is particularly important because you will have the opportunity to try the Sedona Method in many different situations. Remember, this is a do-it-yourself method. The more you practice it on your own the faster you will incorporate it into all areas of your life.

FOLLOW INSTRUCTIONS

Your instructor will let you know when to read each part of the workbooks. Please follow those instructions carefully.

WHAT I WOULD LIKE TO GET FROM THIS COURSE

We'd like to provide you with an opportunity to focus on the issues that are most important to you. View this sheet as a wish list of whatever you would like to change or improve in all areas of your life, both personally and professionally. You can refer back to this list from time to time throughout your course to find issues you would like to address. This course is the beginning of many positive changes in your life, so allow your list to far exceed what you think you can accomplish during the course.

<u>PERSONAL</u>	<u>PROFESSIONAL</u>

"WHAT DO I WANT TO CHANGE IN MY LIFE"

List some of the situations, people, or problems in your life that you would like to change.	What is my NOW feeling about that?	*Let Go?	+Feel Good?
Think of areas in your life you would like to change and write them down in the first column. Next, write down your NOW feeling about one topic and release that feeling completely. Once you have released the feeling completely, check the "Let Go" column. When you have released to feeling good about that topic, check the "Feel Good" column. Go through the same steps, releasing your NOW feelings about each topic.			

*Did I completely let go?

+I now feel good about it

THE THREE WAYS OF HANDLING A FEELING

In general, the world knows of two ways of handling a feeling. These ways are to express the feeling or try to suppress the feeling.

We teach a third option for handling a feeling. This is the Sedona Method, which is a way to "let go" of the feeling, to **discharge** it.

1. **SUPPRESS** - This is the worst thing you can do with feelings. It causes a build-up of repressed energy which eventually drives you to behave automatically in ways you don't like and wouldn't choose if you weren't being driven by the feelings.
2. **EXPRESS** - Expressing puts the feeling into action and sometimes gives one a good feeling of relief. It does not eliminate the feeling but simply relieves the pressure of it for the time being. However, this is often unpleasant for the one on whom it is being expressed and sometimes causes further distress by our feeling guilty about having done it.
3. **THE SEDONA METHOD®** - This is letting go of the feeling itself. It is the healthiest and best way to handle a feeling. Each time you use the Method, you eliminate a bit of the repressed negative energy. It is a way of gradually discharging the suppressed energy of the feeling until eventually, all the suppressed energy is undone, leaving you freer and calmer. As time goes by, you become naturally free and calm, with greater clarity of mind. Purpose and direction become more positive and constructive, resulting in better decision making and higher productivity.

Only by completing the course with an experienced and well-trained instructor does one experience the Sedona Method enough times to replace the old habit with the new, positive habit.

"WHAT DO I WANT TO CHANGE IN MY LIFE"

List some of the situations, people, or problems in your life that you would like to change.	What is my NOW feeling about that?	*Let Go?	+ Feel Good?

*Did I completely let go?

+I now feel good about it

"WHAT DO I WANT TO CHANGE IN MY LIFE"

List some of the situations, people, or problems in your life that you would like to change.

What is my NOW feeling about that?

*Let
Go?

+Feel
Good?

*Did I completely let go?

+I now feel good about it

"SUPPRESS OR EXPRESS"

Remember a specific instance when I suppressed a feeling:	What is my NOW feeling about that?	*Let Go?	+Feel Good?

In the first column write down several instances where you remember suppressing a feeling. Then, in the second column, write down your NOW feeling about that instance. When you have released that feeling fully, check the column that says "Let Go". Repeat the above steps and continue releasing your NOW feelings until you feel good about that incident. Once you feel good about that incident, check off the "Feel Good" column and focus on the next incident.

Remember a specific instance when I expressed a feeling:	What is my NOW feeling about that?	*Let Go?	+Feel Good?

In the first column write down several instances where you remember expressing a feeling. Then, in the second column, write down your NOW feeling about that instance. When you have released that feeling fully, check the column that says "Let Go". Repeat the above steps and continue releasing your NOW feeling until you feel good about that incident. Once you feel good about that incident, check off the "Feel Good" column and focus on the next incident.

*Did I completely let go?

+I now feel good about it

"SUPPRESS OR EXPRESS"

Remember a specific instance when I suppressed a feeling:	What is my NOW feeling about that?	*Let Go?	+ Feel Good?
Remember a specific instance when I expressed a feeling:	What is my NOW feeling about that?		

*Did I completely let go?

+I now feel good about it

"SUPPRESS OR EXPRESS"

Remember a specific instance when I suppressed a feeling:	What is my NOW feeling about that?	*Let Go?	+Feel Good?
Remember a specific instance when I expressed a feeling:	What is my NOW feeling about that?		

*Did I completely let go?

+I now feel good about it

"SUPPRESS OR EXPRESS"

Remember a specific instance when I
suppressed a feeling:

What is my NOW feeling about that?

*Let
Go?

+Feel
Good?

Remember a specific instance when I
expressed a feeling:

What is my NOW feeling about that?

*Did I completely let go?

+I now feel good about it

"SUCCESS"

Topic: _____

What is my NOW feeling about being successful?	*Let Go?	+Feel Good?	What is my NOW feeling about failing?	*Let Go?	+Feel Good?

Think of an area in your life where you would like to become more successful and write that down on the line that says "Topic". Next, write down your NOW feeling about succeeding in this area and release that feeling completely. Once you have released the feeling completely, check the "Let Go" column. When you have released to feeling good check the "Feel Good" column. Go through the same steps, releasing your NOW feelings about failing.

Continue going back and forth, releasing the succeeding and failing feelings, until you feel complete and more able to succeed in that area of your life.

--	--	--	--	--	--

***Did I completely let go?**

+I now feel good about it.

"SUCCESS"

Topic: _____

What is my NOW feeling about being successful?	*Let Go?	+Feel Good?	What is my NOW feeling about failing?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good about it.

"SUCCESS"

Topic: _____

What is my NOW feeling about being successful?	*Let Go?	+Feel Good?	What is my NOW feeling about failing?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good about it.

GAINS

A Gain is simply feeling good where a moment before you felt bad. Gains are also the specific results you achieve through releasing. They include the large and small benefits, successes and accomplishments you enjoy day to day by using the Sedona Method.

Each time you record your gains in your Gains Book, you validate what you have done to benefit yourself. In addition to being a record of your progress, your gains also remind you to keep using the Method.

There are many categories of gains. The following list provides a sampling of gains categories for your reference:

- Positive changes in behavior and/or attitude
- Greater ease and effectiveness in daily activities
- More effective communications
- Increased problem solving ability
- Greater flexibility
- More relaxed and confident in action
- Accomplishments
- Insights and realizations
- Completions
- New beginnings
- Acquiring new abilities or skills
- Increase in positive feelings
- Decrease in negative feelings

"LIKES & DISLIKES"

Topic: _____

What do I like about?	What is my NOW feeling about that?	*Let Go?	+Feel Good?

This sheet can be used to do further releasing on any topic, i.e. being overweight, smoking, a relationship, your job, a person, a situation, etc.

Write down a topic at the top of the page. Then write down one thing that you like about that topic in the column that says, "What do I like about?" Focus on your NOW feeling about that topic and write that down in the column that says, "What is my NOW feeling about that?" Release your NOW feeling completely, then check off the "Let Go" column. Repeat the above steps until you feel good about the like, then check off the "Feel Good" column. Next, write down one thing that you dislike about your topic in the column that says, "What do I dislike about?" Repeat the above steps until you feel good about the dislike. Once you feel good about the dislike, do another like. Continue this process until you feel released on your topic. Remember, we're letting go of the old habit of holding onto feelings, so keep releasing the good feelings as well and you'll continue to feel better and better.

What do I dislike about?	What is my NOW feeling about that?		

*Did I completely let go?

+I now feel good about it

"LIKES & DISLIKES"

Topic: _____

What do I like about?	What is my NOW feeling about that?	*Let Go?	+Feel Good?
What do I dislike about?	What is my NOW feeling about that?		

*Did I completely let go?

+I now feel good about it

"LIKES & DISLIKES"

Topic: _____

What do I like about?	What is my NOW feeling about that?	*Let Go?	+Feel Good?
What do I dislike about?	What is my NOW feeling about that?		

*Did I completely let go?

+I now feel good about it

"LIKES & DISLIKES"

Topic: _____

What do I like about?	What is my NOW feeling about that?	*Let Go?	+ Feel Good?

*Did I completely let go?

+I now feel good about it

"LIKES & DISLIKES"

Topic: _____

What do I like about?	What is my NOW feeling about that?	*Let Go?	+Feel Good?
What do I dislike about?	What is my NOW feeling about that?		

*Did I completely let go?

+I now feel good about it

"LIKES & DISLIKES"

Topic: _____

What do I like about?	What is my NOW feeling about that?	*Let Go?	+Feel Good?
What do I dislike about?	What is my NOW feeling about that?		

*Did I completely let go?

+I now feel good about it

"LIKES & DISLIKES"

Topic: _____

What do I like about?	What is my NOW feeling about that?	*Let Go?	+Feel Good?
What do I dislike about?	What is my NOW feeling about that?		

*Did I completely let go?

+I now feel good about it

"Man was never intended to be a victim of circumstances. He is the controller of them, but has lost awareness of this fact. When he regains his awareness of it, he again becomes the master of circumstances, and consciously controls his environment.

A suppressed emotion is one that we have pushed down into the subconscious part of the mind and have become unaware of it.

Any suppressed emotion will forever try to expend itself until it is spent.

Suppressed emotions and thoughts develop compulsions and inhibitions, setting habits of wrong behavior.

Never suppress feelings. You don't have to satisfy them, but don't suppress them. Just know that they are there, and let go of them.

Lester Levenson

"THINGS I HAVE TO DO"

Things I feel I have to do:	What is my NOW feeling about that?	*Let Go?	+Feel Good?
Make a list of the things that you feel you "have to" do in the column titled, "Things I feel I have to do." Then, take each item one at a time and write down your NOW feelings about each item. Release each feeling to completion. Once you have released the feeling completely, check the "Let Go" column. When you have released to feeling good check the "Feel Good" column, and move on to the next item on your list.			

*Did I completely let go?

+I now feel good about it

"THINGS I HAVE TO DO"

Things I feel I have to do:	What is my NOW feeling about that?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good about it

"THINGS I HAVE TO DO"

Things I feel I have to do:	What is my NOW feeling about that?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good about it

USE THE SEDONA METHOD TO REACH YOUR GOALS

*All are seeking complete freedom and happiness,
and everyone is seeking this either consciously or
unconsciously.*

The goal is unlimited happiness.

*The goal is complete liberation--the attainment of
limitlessness and Imperturbability.*

Lester

"I achieved my yearly quota in 6 1/2 months and for the full year my sales were 201% of sales quota. I attribute my success in selling to my use of the Sedona Method. It has reduced the feeling of pressure and increased my confidence level. I find that I am far more able to quickly see alternate ways of solving problems."

Norma De Sofi
Sales Representative

"I used the Sedona Method to help me deal with fear and indecision that I encountered in the business aspect of my profession and found the lifting of a clouded barrier. The obvious clarity has helped me to make the proper decisions."

Dennis C. Owocki, D.D.S.

"I rank you with Einstein, Newton and Copernicus. They unlocked the secrets of nature. You have unlocked the secrets of human nature! I'm suddenly free from all kinds of forces I always thought were invincible!"

Barry Farber
National TV and Radio host
and commentator

GOALS I WOULD LIKE TO ACHIEVE

WORDING A GOAL STATEMENT

1. Phrase it in the now - as though it is already achieved. Phrasing it as a future event tends to keep it always out of reach--into the future.
2. Phrase the goal positively, without any negatives. Put in what you want - not what you don't want. Your goal statement should reflect the end result that you want to achieve; therefore, be sure you do not include in your statement those things you're wanting to get rid of. Keeping it in mind tends to create it.
3. It should feel real, realistic, and right to you -- possible, with a sense of "I can have it."
4. Include yourself in the statement in relationship to the goal.
5. Be precise and concise. Use as few words as possible while being sure to make it a complete statement of what you want. Choose the exact words that convey a specific meaning to you.
6. Be specific, but not limiting. Don't limit the results by including limiting specifics. Leave things open as much as possible to allow for results being upgraded from what you initially project.
7. Word it to facilitate your letting go.
8. Eliminate the word "want".
9. State the goal or end result and not the means or how you're planning to get it. These action possibilities would more appropriately go on the reverse side of your Goal Chart.
10. Focus on one goal per statement. Don't diffuse your energy by creating multiple goals in a goal statement.

GOAL STATEMENTS

SAMPLE GOAL STATEMENTS

NOTE: These can be used as a basis for creating your own individual goal statements. Simply adjust the final wording to reflect your particular situation.

JOB/CAREER/FINANCIAL

I allow myself to run my (business, department) efficiently and successfully.

I allow myself to release with ease throughout my workday.

I allow myself to easily have and enjoy the best job for me at this time in my (life) (career).

I allow myself to easily find and develop a career which will greatly utilize my creative abilities (and/or skills) and which will provide abundant financial rewards.

RELATIONSHIPS/COMMUNICATION

I allow my relationship with _____ to be _____ (choose from the following list: easy, relaxed, comfortable, friendly, harmonious, loving, constructive, supportive, open, honest, kindly, mutually beneficial).

I allow myself to easily and effectively communicate with my _____. (Choose the appropriate category from the following: spouse, co-workers, boss, subordinates, children, friends; or insert the person's name).

I allow my situation with _____ to be resolved with fairness and mutuality for all concerned.

I allow myself to love and accept (or forgive) (myself or _____) no matter what.

DIET

I allow myself to easily achieve and maintain my ideal body weight.

I allow myself to enjoy eating foods that keep my body slender, healthy and fit.

GENERAL HEALTH

I allow myself to release naturally and with ease.

I allow myself to sleep well and awake refreshed and well-rested at _____ a.m.

I allow myself to easily and cheerfully establish and maintain a lifestyle that promotes good health and fitness.

I allow myself to enjoy being a non-smoker.

I allow myself to lovingly support _____ in their growth and (freedom).

I allow _____ to have what they want for themselves.

GOAL CHART

GOAL: _____

What is my NOW feeling about my goal?	*Let Go?	+ Feel Good?
Write your goal at the top of the page on the lines provided. The "Wording a Goal Statement" page provides some excellent guidelines to follow, so you may wish to refer back to it. Once you have written your goal, write down your NOW feelings about your goal in the column titled "What is my NOW feeling about my Goal?" Release each feeling to completion. Once you have released the feeling completely, check the "Let Go" column. When you have released to feeling good check the "Feel Good" column. Read the goal again and then repeat the above procedure until you feel courageousness, acceptance, or peace about your goal. Then turn the page over and work on your "to do list".		

*Did I completely let go?

+ I now feel good about it

GOAL CHART

GOAL: _____

What is my NOW feeling about my goal?	*Let Go?	+Feel Good?
Write your goal at the top of the page on the lines provided. The "Wording a Goal Statement" page provides some excellent guidelines to follow, so you may wish to refer back to it. Once you have written your goal, write down your NOW feelings about your goal in the column titled "What is my NOW feeling about my Goal?" Release each feeling to completion. Once you have released the feeling completely, check the "Let Go" column. When you have released to feeling good check the "Feel Good" column. Read the goal again and then repeat the above procedure until you feel courageousness, acceptance, or peace about your goal. Then turn the page over and work on your "to do list".		

*Did I completely let go?

+I now feel good about it

GOAL:

GOAL: _____

"To do list" to accomplish my goal:	What is my NOW feeling about doing each item?	*Let Go?	+Feel Good?

Write your goal at the top of the page on the lines provided. Make a list of the things you must do to accomplish your goal in the column titled, "To do list" to accomplish my goal. Write down your NOW feelings about doing each item on your list in the column titled, "What is my NOW feeling about doing each item?" Release each feeling to completion. Once you have released the feeling completely, check the "Let Go" column. When you have released to feeling good check the "Feeling Good" column. Repeat the above procedure until you feel courageousness, acceptance, or peace about all the actions you can take to achieve your goal.

*Did I completely let go?

+I now feel good about it.

GOAL CHART

GOAL: _____

What is my NOW feeling about my goal?

***Let
Go?**

+ Feel good?

***Did I completely let go?**

+I now feel good about it.

GOAL:

GOAL: _____

"To do list" to accomplish my goal:	What is my NOW feeling about doing each item?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good about it.

GOAL CHART

GOAL: _____

What is my NOW feeling about my goal?	*Let Go?	+Feel good?

*Did I completely let go?

+I now feel good about it.

GOAL:

GOAL: _____

.....

.....

"To do list" to accomplish my goal:	What is my NOW feeling about doing each item?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good about it.

GOAL CHART

GOAL: _____

What is my NOW feeling about my goal?	*Let Go?	+Feel good?

*Did I completely let go?

+I now feel good about it.

LESTER ON LOVE

"Love cannot be applied to one and not another. It's impossible to love one and hate another. When we love one more than another, that one is doing something for us. That is human love. When one loves people because they are nice to him, that, too, is a human love. True love is unconditional. In true love, one loves even those who oppose him.

Love is wanting for the other one what they want for themselves.

We should love everyone equally."

Lester Levenson

CONGRATULATIONS ON HAVING FINISHED THE FIRST TWO DAYS OF YOUR COURSE

This upcoming week is very important and is designed to allow you to practice the Method on your own. See what benefits, gains, and successes you can achieve for yourself in your own life. Release on small things like traffic, family members, at the store, etc. Remember, the more you use it, even on small things, the better it gets and you'll find yourself doing it spontaneously and naturally thousands of times throughout the day. There's a lot to look forward to as you release: more energy, clarity, creativity, effectiveness and a greater sense of well-being.

It's a do-it-yourself tool. The power of the Method is in being able to do it on your own. Keep it simple. The worksheets will help you to focus on any topic that needs more in-depth releasing.

One of the ways we suppress our feelings is by the use of drugs and alcohol. In order to benefit the most this week and keep a clear head, we ask you to refrain from these substances.

Have a great week!

SEDONA

INSTITUTE 2701 E. Camelback Rd, Suite 500, Phoenix, AZ 85016



We are all connected...mom and dad, grandparents, sisters, brothers, aunts, uncles, business associates, dentists, physician, minister, lawyer, insurance agent, veterinarian, college or high school classmates, nurse, travel agent, church members...

Most of us know 1,000's of people during our lifetime. Just imagine if all of us shared the Sedona Method Course with a fraction of that number. It is truly the gift of a lifetime. Please list names, addresses, and phone numbers of people you think would benefit from this course. We will send them a special information packet with a personalized gift certificate from you.

YOUR NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: _____

- ☐ I do want you to use my name.
☐ I don't want you to use my name.

1. Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____

2. _____

3. _____

4. _____

5. _____

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City: _____

Instructor: _____

Date: _____

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City: _____

Instructor: _____

Date: _____

THE SEDONA METHOD®

VERSION 2.0

Workbook Week 2

WELCOME BACK

We hope you had a wonderful week releasing. We're looking forward to hearing about your gains and successes. Today we'll be taking releasing to a totally new and more powerful level.

During this second portion of the training, you'll find your experience of releasing deepening as you discover how all the feelings culminate into three wants. Releasing these three wants eliminates all the feelings underneath and enables you to quickly reach the top goal of Imperturbability.

"REMEMBER"

Remember a specific instance when I wanted approval:	What is my NOW want about that?	*Let Go?	+Feel Good?

Write down as many instances as you can remember when you wanted approval in the column labeled "Remember a specific instance when I wanted approval." In the second column, write down your NOW want; i.e. "wanting approval" or "wanting to control". Release each "want" to completion and check the "Let Go" column. When you have released to feeling good, check the "Feel Good" column and move on to the next item on your list.

Remember a specific instance when I wanted to control:	What is my NOW want about that?		

List instances in your life when you wanted to control and write them down in the column labeled, "Remember a specific instance when I wanted to control." Then write down what your NOW want is about each item on your list and release each want completely. Once you have released the want completely check the "Let Go" column. When you have released to feeling good, check the "Feel Good" column and move on to the next item on your list, releasing each item to completion.

"REMEMBER"

Remember a specific instance when I wanted approval:	What is my NOW want about that?	*Let Go?	+Feel Good?
Remember a specific instance when I wanted approval:	What is my NOW want about that?	*Let Go?	+Feel Good?

*Did I completely let go?
+I now feel good

"REMEMBER"

Remember a specific instance when I wanted approval:	What is my NOW want about that?	*Let Go?	+Feel Good?
Remember a specific instance when I wanted to control:	What is my NOW want about that?		

*Did I completely let go?

+I now feel good

"We should strive to attain to the state of Imperturbability. As long as we have desire, we lack, and are trapped in the world of limitation. Wanting is the greatest enemy of constant joy."

Lester

"Letting go of wants can help you achieve those wants. Wanting to control can keep you from having control."

Virginia Charters
San Diego

"I know I speak for my team, as well as for myself, when I say that stress and its allied goblins are effectively neutralized through application of "the method". We have all experienced positive results in our relationships with others and within our own heads."

Michael Fenton
National Account Manager
AT & T

"This has been a potent, magical process, one that goes far beyond what the mind thinks it understands. The beauty of the end result -- as our instructor reminded us -- is that there is abundance of the very pleasant experience that I feared would be lost."

Kate Sanderson
New Haven

"LETTING GO OF WANTS"

[illegible]

***Did I completely let go?**

+I now feel good

"LETTING GO OF WANTS"

What I want from?	*Let Go?	+Feel Good?	What I don't want from?	*Let Go?	+Feel Good?

"LETTING GO OF WANTS"

What I want from?	*Let Go?	+Feel Good?	What I don't want from?	*Let Go?	+Feel Good?

"LETTING GO OF WANTS"

What do I want?	*Let Go?	+Feel Good?	What I don't want?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good

"LETTING GO OF WANTS"

What do I want?	*Let Go?	+ Feel Good?	What I don't want?	*Let Go?	+ Feel Good?

"Until we become fully Imperturbable, we put up a false front, a facade, to others for the purpose of winning the acceptance and approval of the others. We behave in accordance with what we think the other one wants rather than by expressing our own real feelings.

We thereby develop a distorted pattern of behavior that becomes habitual, automatic, and subconscious. This pattern necessitates unhappiness as we become incapable of expressing our own true nature.

The subconscious automatic behavior, by its very nature, binds us to ourselves, others, and the world. To be happy, it is necessary to see things as they really are and release your two wants."

Lester

"I've been stuck for many years on making a career change and starting my own business. Anxiety attacks were very prevalent and I always got stuck. This course showed me how to get unstuck. The anxiety and fear is totally gone and I'm confident I will have my business. "

Karen Frissore
New Haven

"I have finally found "the key". I now understand the meaning of "change your thinking -- change your life." It is so exciting to know that I can have the family life that we all want."

Ginger Waterman
Phoenix

"WANTING TO CONTROL"

[illegible]

***Did I completely let go?**

+I now feel good

"WANTING TO CONTROL"

What do I get from Wanting to Control?	*Let Go?	+Feel Good	What do I get from Wanting to be Controlled?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good

"*WANTING TO CONTROL*"

What do I get from Wanting to Control?	*Let Go?	+Feel Good	What do I get from Wanting to be Controlled?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good

"I walked in here a very small person searching in every corner,
and in every person's eyes for my own happiness.

I found it within me. Imagine my surprise. I plan to walk out of
here today and always remember the power within myself can
accomplish all I wish to do.

Thank you Sedona for showing me which way to look - Inside!"

Sandy Wirkus
Phoenix

"WANTING APPROVAL"

[illegible]

***Did I completely let go?**

+I now feel good

"WANTING APPROVAL"

What do I get from Wanting Approval?	*Let Go?	+Feel Good?	What do I get from Wanting Disapproval?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good

"WANTING APPROVAL"

What do I get from Wanting Approval?	*Let Go?	+ Feel Good?	What do I get from Wanting Disapproval?	*Let Go?	+ Feel Good?

*Did I completely let go?

+I now feel good

"All behavior, every act in this world, is based on the desire for love. This desire causes us to seek for approval, acceptance, attention, power, fame, and fortune. Unfortunately, however, love cannot be gotten this way, and we become frustrated and unhappy. Only by loving can we find love and be happy."

Lester Levenson

"REMEMBER"

Remember a specific instance when I wanted security or survival:	What is my NOW want about that?	*Let Go?	+Feel Good?
In the first column, write down as many instances as you can remember when you wanted security or survival. In the second column, write down your NOW want, i.e. "wanting approval", "wanting to control", or "wanting security". Release each want to completion and check the "Let Go" column. When you have released to feeling good, check the "Feel Good" column and move on to the next item on your list.			

*Did I completely let go?

+I now feel good

"DISSOLVING STUCKNESS"

Topic: _____

What is the advantage to me?	*Let Go?	+Feel Good?	What is the disadvantage to me?	*Let Go?	+Feel Good?
Take a topic where you are experiencing stuckness, i.e. making a decision, a goal, an undesirable habit or behavior pattern, a troublesome relationship or situation, a recurring feeling. Start with one advantage, write it down, then write "wanting approval", "wanting to control", or "wanting security" next to it and release the NOW want completely. Check the "Let Go column. Continue releasing until you feel good and check the "Feel Good" column. Then, go to one disadvantage, write it down, and go through the same steps. Go back to another advantage, repeating the same steps. Then do another disadvantage, then another advantage, another disadvantage, so that you continue alternating the items and keep them balanced. If you can't come up with something, write "None" in that column and continue your releasing.					

*Did I completely let go?

+I now feel good about it

"DISSOLVING STUCKNESS"

Topic: _____

What is the advantage to me?	*Let Go?	+Feel Good?	What is the disadvantage to me?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good about it

"REMEMBER"

Remember a specific instance when I wanted security or survival:	What is my NOW want about that?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good

"REMEMBER"

Remember a specific instance when I wanted security or survival:	What is my NOW want about that?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good

"DISSOLVING STUCKNESS"

Topic: _____

What is the advantage to me?	*Let Go?	+Feel Good?	What is the disadvantage to me?	*Let Go?	+Feel Good?

***Did I completely let go?**

+I now feel good about it

"DISSOLVING STUCKNESS"

Topic: _____

What is the advantage to me?	*Let Go?	+Feel Good?	What is the disadvantage to me?	*Let Go?	+Feel Good?

***Did I completely let go?**

+I now feel good about it

"DISSOLVING STUCKNESS"

Topic: _____

What is the advantage to me?	*Let Go?	+Feel Good?	What is the disadvantage to me?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good about it

"SEEING YOUR WANTING APPROVAL , WANTING TO CONTROL AND WANTING SECURITY"

Ways I seek approval:	*Let Go?	+Feel Good?	Ways I seek approval:	*Let Go?	+Feel Good?
Ways I try to control:			Ways I try to control:		
Ways I seek security:			Ways I seek security:		

*Did I completely let go?

+I now feel good

"SEEING YOUR WANTING APPROVAL , WANTING TO CONTROL AND WANTING SECURITY"

Ways I seek approval:	*Let Go?	+Feel Good?	Ways I seek approval:	*Let Go?	+Feel Good?
Ways I try to control:			Ways I try to control:		
Ways I seek security:			Ways I seek security:		

*Did I completely let go?

+I now feel good

"DISSOLVING STUCKNESS"

Topic: _____

What is the advantage to me?	*Let Go?	+Feel Good?	What is the disadvantage to me?	*Let Go?	+Feel Good?

*Did I completely let go?

+I now feel good about it

***"SEEING YOUR WANTING APPROVAL, WANTING
TO CONTROL AND WANTING SECURITY"***

Ways I seek approval:	*Let Go?	+Feel Good?	Ways I seek approval:	*Let Go?	+Feel Good?
Ways I try to control:			Ways I try to control:		

Make a list of all the ways you try to gain approval, all the ways you try to control, and all the ways you seek security. Take each item, get in touch with your NOW want, write out if it's wanting approval, wanting to control, or wanting security, then release it completely. Check the "Let Go" column. Continue releasing until you feel good and check the "Feel Good" column. This will help you continue to be aware of your actions and to determine if you are wanting approval, wanting to control, or wanting security, and will give you a better chance to release on the spot. Then you can take the action or not by choice.

Ways I seek security:		Ways I seek security:	

*Did I completely let go?

+ I now feel good

"SEEING YOUR WANTING APPROVAL , WANTING TO CONTROL AND WANTING SECURITY"

Ways I seek approval:	*Let Go?	+Feel Good?	Ways I seek approval:	*Let Go?	+Feel Good?
Ways I try to control:			Ways I try to control:		
Ways I seek security:			Ways I seek security:		

*Did I completely let go?

+I now feel good

"HAPPINESS"

What do I need in order to be happy?	*Let Go?	+Feel Happy?	What do I need to avoid in order to be happy?	*Let Go?	+Feel Happy?

Happiness is our inherent state. List what you think you need in order to be happy, then make a list of the things you need to avoid in order to be happy. Go back to the first column and take one item at a time, write out if it's wanting approval, wanting to control or wanting security and release it completely. Check the "Let Go" column. Continue releasing until you feel happy. Do the same thing on the things you need to avoid to be happy, repeating the same steps with each item and releasing until you feel happy.

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Happiness is our inherent state. List what you think you need in order to be happy, then make a list of the things you need to avoid in order to be happy. Go back to the first column and take one item at a time, write out if it's wanting approval, wanting to control or wanting security and release it completely. Check the "Let Go" column. Continue releasing until you feel happy. Do the same thing on the things you need to avoid to be happy, repeating the same steps with each item and releasing until you feel happy.

***Did I completely let go?**

+I now feel happy

"HAPPINESS"

What do I need in order to be happy?	*Let Go?	+Feel Happy?	What do I need to avoid in order to be happy?	*Let Go?	+Feel Happy?

"HAPPINESS"

What do I need in order to be happy?	*Let Go?	+ Feel Happy?	What do I need to avoid in order to be happy?	*Let Go?	+ Feel Happy?

"Thank you! Thank you! Thank you! Within the last week I have been able to change my attitude, feelings and life with the teachings of the Release Method and the kind of assistance of this wonderful course. For the first time since 1979 I have no neck or back pain. I have been able to release old memories and feelings of fear, anger, and apathy. This has helped me feel wonderful."

Gary N. Niki
Phoenix

"This method is an extremely valuable tool to obtain an excellent nights rest and awake feeling refreshed and optimistic."

Francis Waterman
Phoenix

"I laugh all the time - day and night! It's great."

Russell Brown
Phoenix

GAINS AND BENEFITS

GAINS FROM THE SEDONA METHOD COURSE

NAME _____

DATE _____

CITY _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

IF YOU NEED MORE SPACE, PLEASE USE THE REVERSE SIDE.

MAY WE QUOTE YOU?

☐ Yes, you have my permission to reprint my above gains.
☐ You may use only the gains I've checked above.
☐ Please do not use my gains.

_____ You may use my name.
_____ Please do not use my name.

Signature_____

WHAT NAME, ADDRESS AND PHONE NUMBER WOULD
YOU LIKE US TO USE TO STAY IN TOUCH WITH YOU.

NAME _____

ADDRESS _____ CITY _____

STATE _____ ZIP _____ PHONE: Business _____ Home _____

The Six Steps

- 1. You must want Imperturbability more than you want approval, control and security.**
- 2. Decide that you can do the Method and be Imperturbable.**
- 3. See that all your feelings culminate in three wants, the want of approval, the want to control, and the want of security. See that immediately and immediately let go of the want of approval, the want to control and the want of security.**
- 4. Make it constant. Release all your wanting approval, wanting to control and wanting security when alone or with people.**
- 5. If you are stuck, let go of wanting to control the stuckness.**
- 6. Each time you use the Method, you are lighter and happier. If you do this continually, you will continually be lighter and happier.**

YOUR TICKET TO IMPERTURBABILITY

Carry out these three things and you will quickly reach *Imperturbability*.

- 1. Release only the three wants.**
- 2. Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.**
- 3. Make it a Do It Yourself Tool.**

You now have all you need to go all the way to imperturbability.

CONGRATULATIONS

We have spent this time together, preparing you in the use and application of the Sedona Method, and now you have all you need to complete the journey you've started on your own.

We truly hope you continue using the Method in all areas of your life. While using it on any topic you will see that it also affects all other areas of your life. As you achieve greater and greater success and contentment, you are helping not only yourself but those around you, your loved ones, friends, co-workers, even the people you meet on the street. They can sense your inner calmness and notice your ability to experience life more fully. We hope you'll share your wonderful gains with these people, and join with us in our vision of letting everyone have the Sedona Method for their own.

Thank you for participating in the training, and our best wishes for the highest state of Imperturbability.

The Sedona Institute

"You will discover that the Sedona Method is the only easy "how to" that the world has today that is effective and proven very quickly by your experience.

Everyone in his or her every act is looking for this ultimate state that inheres in us now. But they are looking for it where it is not -- in the materiality of the world. This "how to" will enable you to get whatever it is you wish and help you get to the top state.

What the world needs now is love more love which is yours now and is proven by your experience in the use of the Sedona Method, which simply releases the non-love and allows your natural existing love to express.

Your life will get healthier, happier, and richer. Good luck and best wishes for your success."

Lester

SEDONA

INSTITUTE 2701 E. Camelback Rd, Suite 500, Phoenix, AZ 85016



We are all connected...mom and dad, grandparents, sisters, brothers, aunts, uncles, business associates, dentists, physician, minister, lawyer, insurance agent, veterinarian, college or high school classmates, nurse, travel agent, church members...

Most of us know 1,000's of people during our lifetime. Just imagine if all of us shared the Sedona Method Course with a fraction of that number. It is truly the gift of a lifetime. Please list names, addresses, and phone numbers of people you think would benefit from this course. We will send them a special information packet with a personalized gift certificate from you.

YOUR NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____ PHONE: _____

☐ I do want you to use my name.

☐ I do not want you to use my name.

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City: _____

Instructor: _____

Date: _____